

Jessica L. Schilero

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Education **College of Health and Human Services, Ohio University, Athens, Ohio**

Bachelor of Science, Sport Sciences; June 2008

Major: Exercise Physiology

Minor: Psychology

Cumulative GPA: 3.59/4.0

Relevant Coursework: Anatomy, Physiology, Exercise Physiology, Cardiovascular Assessments, Exercise Testing and Prescription, Exercise Prescription for Abnormal Populations, Resistance Training, Chemistry, Physics

Department of Health and Sport Sciences, University of Louisville, Louisville, Kentucky

Master of Science in Exercise Physiology, Concentration in Strength and Conditioning; May 2011

Cumulative GPA: 4.0/4.0

Relevant Coursework: Advanced Exercise Physiology, Lab Methods, Exercise Testing and Prescription, Neuromuscular Mechanics, Electrocardiography, Advanced Strength and Conditioning, Nutrition for Performance

Honors

Alpha Lambda Delta; Freshman Honors Society – Ohio University; 2005

Outstanding Graduate in Exercise Physiology Major; College of Health and Human Services – Ohio University; 2008

Granted two year graduate assistantship for Department of Health and Sport Sciences – University of Louisville; 2009
Dean's Graduate Citation Award Winner – University of Louisville; 2011

Certifications

American College of Sports Medicine – Health Fitness Specialist

American Heart Association – BLS/CPR Adult

Work

Department of Health and Sport Sciences, Louisville, KY

August 2011 -- Present

Experience

Instructor, Exercise Physiology Program

- Instructor for lab and lecture classes within the Department of Health and Sport Sciences
 - HSS 394 – Introduction to Exercise Science
 - Develop syllabi, presentations and course documents based upon course requirements
 - Lead students through lectures on topics including:
 - Structure and Function of Exercising Muscle
 - Fuel and Neural Control for Exercising Muscle
 - Energy Expenditure and Fatigue
 - Cardiovascular and Pulmonary System
 - Adaptations to Strength, Aerobic and Anaerobic Exercise
 - Exercise in changing Environments
 - Body Composition and Nutrition for Sport
 - Ergogenic Aids
 - Aging in Sport and Exercise
 - Exercise for Special Populations
 - Develop, administer and evaluate written exams
 - HSS 396 – Health/Fitness Instructor Lab
 - Develop syllabi, presentations and course documents based upon course requirements
 - Lead students through lectures on topics including:
 - Health Risk Assessments/Anthropometric Measures
 - Rest/Exercise Cardiovascular Measures
 - Rest/Exercise Pulmonary Measures
 - Submaximal and Maximal Exercise Testing
 - Muscular Strength and Endurance
 - Anaerobic Power
 - Body Composition
 - Flexibility/Functional Movement Screen
 - Train students to administer, operate and interpret laboratory tests and activities including:
 - Anthropometric Measures (height and weight)
 - Heart Rate/Blood Pressure
 - Spirometry

- Submaximal and Maximal Graded Exercise Tests
 - 1RM and Muscular Endurance Tests
 - Vertical Jump and Wingate Tests
 - Skinfold/Girth/Bioelectrical Impedance/Hydrostatic Weighing
 - Sit and Reach Test
 - Functional Movement Screen
 - Train students to operate: Hydrostatic Weighing Tank, Skinfold Calipers, Lode Cycle Ergometer, Monark Cycle Ergometer, Parvo Metabolic Equipment, sphygmomanometer
 - Develop, administer and evaluate written and practical exams
- Coordinator of CoAES accreditation application for exercise physiology and exercise science programs
 - Collected program and course data for self study report
 - Comprised assessments of program's strengths and weaknesses
 - Worked one-on-one with program director and department faculty to compile and co-author program self study report
 - Organize and oversee committee site visit for final program accreditation

Department of Health and Sport Sciences, Louisville, KY

August 2009 – May 2011

Graduate Research Assistant in Exercise Physiology Program

- Teaching assistant for lab and lecture classes within the Department of Health and Sport Sciences
 - HSS 202 – Anatomy and Physiology (undergraduate)
 - Guest lecturer
 - HSS 394 – Introduction to Exercise Science (undergraduate)
 - HSS 396 – Health/Fitness Instructor Lab (undergraduate)
 - Lead study sessions
 - Administer practical exams
 - HSS 486 – Applied Exercise Physiology (undergraduate)
 - HSS 604 – Research Methods (graduate)
 - Guest lecturer
 - Train students in SPSS: Statistical Analysis Software
 - EXP 502 – Lab Methods in Exercise Physiology (graduate)
 - Guest lecturer
 - Train students to operate: Doppler Ultrasound, Biodex, Hydrostatic Weighing Tank, Skinfold Calipers, Lode Cycle Ergometer, Monark Cycle Ergometer, Parvo Metabolic Equipment
 - Develop and administer practical exams
- Coordinator of CoAES accreditation application for exercise physiology and exercise science programs
 - Collected program and course data for self study report
 - Comprised assessments of program's strengths and weaknesses
 - Worked one-on-one with program director and department faculty to compile and co-author program self study report
- Overseeing general lab maintenance
 - Compile quotes and develop invoices prior to purchasing lab equipment and materials
 - Organize facility and equipment maintenance
 - Attend weekly lab staff meetings
- Schedule and conduct diagnostic testing on community members for Fitness Evaluation Program
 - Diagnostic tests offered: VO2max, Lactate Threshold, 1RM Strength Test, Resting Metabolic Rate, Wingate Test, Vertical Jump Test

Baptist East Milestone Wellness Center, Louisville, KY

June 2010 - Present

Fitness Specialist/Personal Trainer

- Design, administer and manage cardiovascular and resistance training programs for new and existing clientele
 - Review PAR-Q health questionnaires, medical history, past exercise experience and current nutritional routine
 - Administer body composition testing on Tanita BIA monitoring scale
 - Program development for individuals with heart disease, cancer, various orthopedic limitations and other co-morbidities
 - Program development for healthy, athletic populations
- Develop cardiovascular and resistance training programs for individuals within the N.E.E.D.(Nutrition, Exercise and Education to Deter Diabetes) Program
- Assist Health Program Educator with Learn to Exercise Program for novice clients
- Instruct class focused on core strengthening utilizing stability balls
- Maintain organization and cleanliness of cardiovascular and strength training equipment
- Assist clientele with questions, appointments and set-up on cardiovascular and strength training equipment

Powerhouse Gym, Twinsburg, OH **January 2009 - July 2009**
Fitness Center Supervisor

- Marketed and sold gym memberships to prospective clients
- Maintained organization of front desk operations
- Demonstrated positive customer services skills while in a leadership role

Wellworks, Athens, OH **April 2007 - June 2008**
Student Manager/Fitness Supervisor/Risk Reduction Trainer

- Trained individuals within the Risk Reduction Program in cardiovascular and resistance exercise
- Displayed leadership skills by keeping the facility and other staff organized during all manager shifts
- Demonstrated positive customer service skills and assertiveness while in a leadership role

Department of Biological Sciences, Athens, OH **September 2007 - June 2008**
PACE Student/Lab Assistant

- Set-up for each lab session for the Human Physiology and Exercise Physiology labs
- Assisted with grading exams, quizzes and homework assignments handed in by students within the labs
- Acted as a teaching assistant for labs and assist students with equipment usage during labs

Internship Experience **Cardiovascular Associates Norton Hospital Systems, Louisville, KY** **January 2011- May 2011**
Cardiac Rehabilitation Intern

- Assist nurses and exercise physiologists to take patient pre and post exercise hemodynamics
 - Including resting and exercising blood pressure, body weight and blood glucose levels
 - Assist patients with EKG set-up
- Assist phase II patients with cardiovascular and resistance exercise programs
 - Cardiovascular equipment set-up
 - Lead patients through pre and post exercise stretching routine
- Assist with telemetry monitoring of phase II patients
- Instruct and monitor phase II patients while participating in pre and post program stress test
 - Equipment set-up/increasing intensities/monitoring patient blood pressure and EKG

Baptist East Milestone Wellness Center, Louisville, KY **June 2010 – May 2011**
Fitness Specialist/Personal Trainer

- Design, administer and manage cardiovascular and resistance training programs for new and existing clientele
 - Review PAR-Q health questionnaires, medical history, past exercise experience and current nutritional routine
 - Administer body composition testing on Tanita BIA monitoring scale
 - Program development for individuals with heart disease, cancer, various orthopedic limitations and other co-morbidities
 - Program development for healthy, athletic populations
- Develop cardiovascular and resistance training programs for individuals within the N.E.E.D.(Nutrition, Exercise and Education to Deter Diabetes) Program

Research **Childhood Obesity Research Study, Ohio University** **March 2007 - May 2007**

- Participated in collecting research data from students in the second grade at Amesville Elementary
- Worked directly with professionals within the Department of Biological Sciences
- Assisted with post-testing at the conclusion of data collection

WBV to Improve Fitness in Individuals with Down Syndrome, University of Louisville **October 2009 - July 2010**

- Worked with physical therapists to develop abstract and poster for SEACSM Conference
- Presented research at SEACSM Conference
- Creating manuscript for potential publication in a scholarly journal

Effects of Menthol Treatment on Strength and Blood Flow, University of Louisville **January 2010 - July 2010**

- Assisted primary investigator with organization and data collection on subjects ages 18-34
- Utilized knowledge of Biodex equipment during data collection
- Utilized knowledge of Doppler Ultrasound HMI equipment during data collection

Effects of Menthol and Ice Treatment on Blood Flow, University of Louisville **January 2010 - December 2010**

- Assisted primary investigator with organization and data collection on subjects ages 18-34
- Utilized knowledge of Doppler Ultrasound HMI equipment during data collection

Regional Presentations **Schilero, J.**, Winchester, L., Topp, R., & Jacks, D. Effect of 3.5% and 10% Concentration Topical Menthol on Peripheral Blood Flow and Strength. *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*. Greenville, South Carolina, February 3-5, 2011.

Schilero, J. A. Bemiss, L. Lukins, D. Jacks. The Use of Whole Body Vibration to Improve Fitness in Individuals with Down Syndrome. *Annual Meeting, Southeast American College of Sports Medicine Conference, Greenville, SC; February 2010.*

International Presentations Topp, R., Winchester, L., **Schilero, J.**, Abi-Nader, P., Gibb, A., and Jacks, D. The Effects of Dose and Application of Menthol on Local and Systemic Strength and Blood Flow, *TheraBand Research Advisory Council*, Athens, Greece, July 19-21, 2010.

Publications **Published:**
Topp, R., Winchester, L., Topp, R., **Schilero, J.** & Jacks, D. The Effects of Topical Menthol on Ipsi- and Contra-Lateral Arterial Blood Flow Following Acute Exercise.